



Emergency Contacts

Local emergency contact:

Out-of-town emergency contact:

Hospital near home:

Hospital near work:

Hospital near school:

Family physician:

Pharmacy:

Employer contact and emergency information:

School contact and emergency information:

State of Arizona emergency information:

www.az211.gov or dial **211** in a declared emergency

For More Information

Local:

Just in Case Arizona

www.az211.gov

In an emergency, dial 211

Community Information and Referral

www.cirs.org

602-263-8856

Maricopa County Department of Public Health

www.wearepublichealth.org

602-506-6900

Arizona Department of Health Services

www.azdhs.gov

602-364-4500

Grand Canyon Chapter of the American Red Cross

www.arizonaredcross.org

602-336-6660

Maricopa County Department of Emergency Management

www.maricopa.gov/Emerg_Mgt/

602-273-1411

National:

Ready America

www.ready.gov

Pandemic Flu Resources and Checklists

www.pandemicflu.gov



Maricopa County
Department of Public Health

Information has been adapted from Public Health – Seattle & King County, August 17, 2005 and Pandemic Influenza, Department of Health and Human Services, June 5, 2006.



Pandemic Influenza



just in case arizona
az211.gov



Seasonal Influenza vs. Pandemic Influenza

Seasonal influenza, more commonly known as “the flu,” is an infection of the breathing tubes and lungs caused by a virus. Symptoms of the flu are:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches

The flu spreads from person to person through droplets in coughs and sneezes. Sometimes people get infected by touching something with flu viruses on it and then touching their mouth or nose.

Seasonal flu occurs every year. It causes mild to severe illness and can lead to death. In fact, the Centers for Disease Control and Prevention (CDC) estimate that about 36,000 people die every year from the flu, and a vaccine is available!

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be. Wherever and whenever a pandemic starts, everyone around the world is at risk. Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.



Past Pandemics

The 20th century saw three pandemics of influenza:

- 1918 influenza pandemic caused at least 675,000 U.S. deaths and up to 50 million deaths worldwide
- 1957 influenza pandemic caused at least 70,000 U.S. deaths and 1-2 million deaths worldwide
- 1968 influenza pandemic caused about 34,000 U.S. deaths and 700,000 deaths worldwide

What might be the impact of a pandemic today?

A pandemic may come and go in waves, each of which can last for six to eight weeks.

An especially severe influenza pandemic could lead to high levels of illness, deaths, social disruption and economic loss. Everyday life would be disrupted because so many people in so many places would become seriously ill at the same time. Impacts can range from school and business closings to the interruption of basic services such as public transportation and food delivery.

Health care facilities would most likely be overwhelmed, creating a shortage of hospital staff, beds, ventilators and other supplies.

Estimates say that a vaccine will not be available for at least six months from when a pandemic begins.



What can I do to prepare for pandemic influenza?

You can prepare for a flu pandemic now. Consider holding a family meeting and discussing what everyone can do to help the family prepare. Here are some things you can do to prepare for a flu pandemic:

- Wash your hands frequently with soap and water.
- Cover coughs and sneezes with tissues.
- Stay home from work and school if you are sick.
- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies as well. You will need one gallon of water per person, per day. Don't forget food and water for pets!
- Have nonprescription drugs and other health supplies on hand, including a first-aid kit, pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Create a family emergency health plan. Make a record of the people in your family, their blood types, allergies, past/current medical conditions, and current medications and dosages.
- Keep informed through newspapers, radio, television, the Internet or other community resources.
- Visit **PandemicFlu.gov** to find checklists and more information on being prepared.